DietCloud – Recipe

Recipe Name: Ruote Pasta & Eggplant Gratin Recipe

Diet Type:

Course: Dinner

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

• To begin with the Ruote Pasta & Eggplant Gratin Recipe, preheat the oven to 200 deg Celcius.
• Now boil the pasta in a saucepan of salted water for 7 minutes.
• Do not overcook.
• Drain the water and rinse the pasta under cold water.
• Keep aside.
• Sprinkle some salt on the eggplant slices and keep aside for 10 minutes.
• Wash the slices and pat dry using a kitchen towel.
• Grill the eggplant on a hot grill pan till brown marks appear on both sides and the eggplants become's a little soft.
• Sprinkle some salt and pepper over them.
• Keep aside.
• In a wok add 2 tablespoon olive oil.

• Add the bell pepper and stir-fry for a minute.
• Add the corn kernels, soy granules, salt as required and mix well.
• Cook till all the water evaporates.
• Take it off the heat and mix in the pasta sauce and chili flakes.
• Add the herbs, reserving some for the garnish.
• Place some eggplant slices at the base of the baking dish, such that it is covered.
• Spoon over some of the vegetable sauce and spread evenly.
• Top with a 1-2 tablespoon of the bread crumbs and half of the cheese.

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- Spread the pasta evenly over it.
- Spread another layer of the vegetable sauce.
- Top with the left over eggplant slices and place the olives in between the eggplant slices.
- Sprinkle the leftover bread crumbs and cheese over them.
- Bake for about 15-20 minutes till the cheese melts.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)